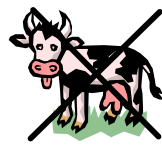




No Cow's Milk in the First Year



Why is cow's milk bad for my baby?

- Cow's milk has too much:

- Protein
- Calcium
- Phosphorus
- Sodium
- Chloride
- Potassium

- Cow's milk lacks key nutrients:

- Vitamin C
- Vitamin E
- Linoleic Acid



- Too much protein and minerals are hard on your baby's kidneys and may cause dehydration.

- Cow's milk can cause bleeding from the intestinal tract.

- Bleeding caused by cow's milk increases your baby's chance of becoming anemic.

Do not give your baby...

- Drinks such as:

- Jello Water
- Iced Tea
- Pop or Soda
- Fruit drinks such as Kool Aid® and Hi-C®



- Cow's Milk until age 1 year.

- Skim or nonfat milk until age 2 years.

- These types of milk lack fat needed for your baby's nerves, muscles, and skin in the first two years.

Alternative to Cow's Milk



Breastfeeding

- Breastfed babies have:

- Fewer ear infections
- Less wheezing
- Less constipation
- Less diarrhea



Formula

- If you do not breastfeed, use Iron Fortified formula.

- The WIC program can provide supplemental formula to help feed your baby.

- Remember the WIC supplemental formula may not be enough to meet your baby's monthly needs.

- You can also use food stamps to buy formula.

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